# Linda Clair
# Seven-day Meditation Retreat
# Kallara Conference Centre, Australia – March 2019
# Transcription from Audio Recordings

## File 7a – Friday morning guided meditation

So take a few deep breaths into your belly. Feel your body. Make sure your back is quite straight without being rigid; straight and flexible. Take your attention to the top of your head and feel the sensation on the top of your head, however it feels right now. Feel the sensation of your eyelids on your eyes, and keep breathing into the belly. Feel your breath going through your nostrils, your mouth, your lips. Feel your tongue touching your palette, your jaw, and your chin. And keep breathing into the belly.

Feel your shoulders, however they feel. Even if there's tension in your shoulders, sit with it. Don't try and immediately relieve the tension by moving – feel it. Go to your left shoulder. Go down your arm to your elbow – breathe into it – then down to your left hand and feel your hand. Feel your thumb and each finger. Take your attention to your right shoulder. Go down your arm to your right elbow – feel it – then down to your right hand and feel your hand, and feel your thumb and each finger.

Take your attention to your chest, and as you breathe in and out through the nose, just feel that gentle movement of your chest with the breath. Then go down to the abdomen. This is the most tangible place in your body to feel your breath. You can feel your abdomen rising and falling with the breath.

Feel your thighs, your knees, your feet. Then go to your spine and feel your spine, from the top of the spine down your back to the bottom of the spine. Every now and again you might need to straighten your spine. And feel your whole body, sitting here in this room with every other body.

Each time you feel yourself wandering away, turn around and come back to where you really are, which is here, in your body, sitting in this room. Keep this as simple as possible. You have to be firm about it. And you need to do it again and again and again for however long it takes. So sit and watch. Watch that movement away from where you are. Watch the sensations, feel the sensations in your body.

Use your breath in your abdomen as an anchor, not as an avoidance, but as an anchor in your body. This is all about your body and this is only possible because you're in this body. So use it. This is why you're here – to realise why you're here. And you can only do that while you're still in your body.